

# ELEVATE & EXCEL

Reaching New Heights at Cypress Bay



ISSUE: SECOND QUARTER

## PRINCIPAL'S RECAP

Dr. Kassandra Fried

Greetings, Lightning Family!

As we reflect on the first quarter of this academic year, it's clear that Cypress Bay has had an amazing start. From new staff to exciting events, our school is stronger than ever. The first quarter was about building a strong foundation, and as we head into the second quarter, we are excited for more growth and opportunities. Our focus remains on maintaining this momentum and supporting our students in their academic and personal achievements.

Here's a look back at what we've accomplished and what's on the horizon:

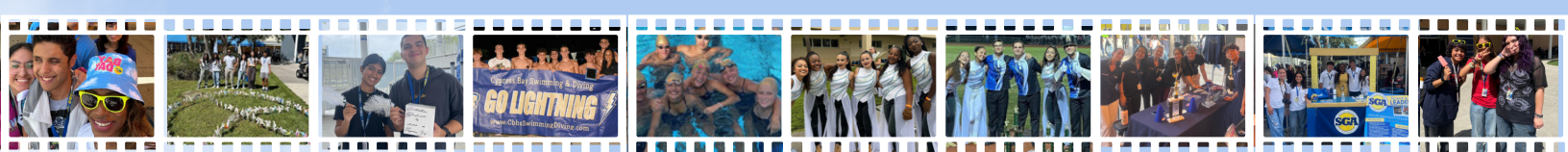
**Welcome to Our New Assistant Principal:** We were thrilled to welcome Mrs. Gabrielle Tyson-Romeo to our administrative team! Her expertise and dedication have already started making a positive impact, and we're excited to have her lead our students to even greater success this year.

**Open House and Community Engagement:** We were delighted to see so many families attend our Open House! It was a wonderful opportunity for parents to meet with teachers, learn more about the school's offerings, and experience firsthand the vibrant spirit that makes Cypress Bay so special. A special thank you goes to our fantastic PTSA for their continuous support and dedication to enhancing our school.

**Bay Day:** We celebrated our 3rd Annual Bay Day, a special event dedicated to student well-being. This day focused on promoting physical, mental, and nutritional health while creating a positive and supportive environment. Bay Day is all about helping our students build resilience, stay positive, and understand the importance of overall wellness in their daily lives. From engaging activities to valuable health insights, Bay Day was a reminder of how much we care about our students' well-being.

**Athletics Highlights:** Our Lightning athletes have been shining on the field! The football team kicked off the season with a thrilling 48-22 victory against Marjory Stoneman Douglas. Friday Night Lights are filled with spirit, energy, and the support of our dedicated cheerleaders and "Sound of Thunder" band. Thank you to everyone who keep the stands packed and the energy high, our next home game is October 10th at 7:00 pm vs. Taravella. In other news, both of our Girls Volleyball teams, Varsity and Junor Varsity finished their regular season undefeated, bringing pride to the entire school. They move on to BCAA Championship later this week. Finally, our Boys swim team closed the season in second place while our girls swim team captured the BCAA Championship title! We couldn't be more proud!

**Fine Arts:** Our Fall Chorus Concert was a huge success! The students gave amazing performances, showcasing their talent and hard work. Thank you to everyone who attended and supported our choir what a fantastic night of music! Arts in education week was filled with daily activities, special shoutout to our poster design winners featured on the district website! Lastly, our Marching Band, The Sound of Thunder placed 2nd overall in their class, winning best in music, visual, and percussion in class 3A at the Falcon Sound Invitational. They placed 5th overall classes made up of 30 marching bands.



**Class of 2004 20th reunion:** Our first graduating class held their 20th reunion weekend last week. We had an incredible time welcoming them back for a campus tour and school orientation while also celebrating senior night at the football game with them.

**Student Voices : "Check N' Connect":** Our first two "Check N' Connect" meetings were a huge success, allowing our students to share their insights and make their voices heard. We are so proud of the way they've stepped up to shape the Cypress Bay community. This initiative shows that our students' input truly matters and plays a vital role in creating a better, more inclusive environment for all.

As we step into the second quarter, we look forward to continuing our journey toward academic excellence and personal growth. Upcoming events, exams, and student activities will keep us all engaged, and we encourage students to stay involved in everything Cypress Bay has to offer. Let's keep up the momentum as we work together to make this year our best one yet!

### Looking Ahead at Cypress Bay High School: Upcoming Events

As we move into the second quarter of the academic year, Cypress Bay High School has several key events and important dates that we're excited to share with you:

**Employee Planning Day:** Please note that October 14, 2024 is an employee planning day, and there will be no school for students on that day.

**PSAT Testing:** The PSAT is scheduled for October 23, 2024. This is an important test for freshman, sophomores, and juniors to prepare for the SAT and qualify for National Merit Scholarships.

**College Visits:** Cypress Bay continues to host various college visits throughout the fall. Check the school's calendar and the College and Career Center for dates and times, and don't miss the chance to explore potential colleges and universities.

**Homecoming Week:** Look out for Homecoming celebrations October 21st-25th! Stay tuned for specific dates and events to show your school spirit. The Homecoming theme is Battle of the Beats presents Baylapalooza Homecoming Music Festival! This fun and music-filled event will take place on Saturday, October 26th, from 6 p.m. to 10 p.m., at Cypress Bay High School.

**Report Cards:** Report cards for the first quarter will be issued on November 5, 2024, and interim reports for the second quarter will follow on November 22, 2024.

A full list of upcoming events are available on the [save the dates](#) section in the newsletter. Thank you for your continued support, dedication, and commitment to making Cypress Bay the extraordinary school it is. Let's keep elevating and excelling together!

We look forward to seeing everyone engaged and involved as we head into an exciting second quarter!

**Stay connected with us on X: @PrincipalCBHS and Instagram @principalcbhs**



# Congratulations

TEACHER OF THE YEAR

EMPLOYEE OF THE YEAR



**Brad Franks**



**Kelly Conway**

CONGRATULATIONS to two of our incredible Cypress Bay Superstars! ⚡  
**Mr. Brad Franks** - Teacher of the Year

Mr. Franks goes above and beyond in the classroom, inspiring students with his passion, dedication, and commitment to excellence in education.

⚡**Mrs. Kelly Conway** - Employee of the Year

Mrs. Conway's hard work and dedication behind the scenes make a huge impact on our school community, and her positivity and commitment to Cypress Bay shine every day.

We are so proud of you both and deeply appreciate all you do for our school. Way to go!

# LIGHTNING BUCKS

Lightning Bucks reward program we're launching as part of our Schoolwide Positive Behavior Plan (SPBP). Students will receive Lightning Bucks for demonstrating our core values: **accountability, respect, and responsibility.**

These Bucks can be exchanged for special treats during lunch. Please be ready to distribute Lightning Bucks to students when you see them exhibiting positive behaviors. This program is designed to reinforce and reward the behaviors we want to see across the school.

# LIGHTNING BUCKS

## WHAT ARE LIGHTNING BUCKS?

Lightning Bucks are a school-wide reward system to catch students demonstrating the traits of accountability, respect, and responsibility.



## HOW ARE LIGHTNING BUCKS DISTRIBUTED?

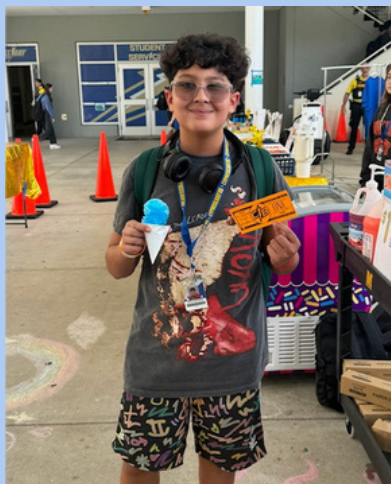
Teachers and staff will be given 6 Lightning Bucks on the first day of each month. Throughout the month, teachers can reward select students when the above traits are observed. Teachers are to endorse the Lightning Buck by filling out the 3 lines on the left side before distributing to the student.

## WHAT HAPPENS NEXT?

Students are responsible for holding on to their earned Lightning Bucks. (Lost or stolen bucks will not be replaced) On the last Friday of the month, students interested in cashing out their bucks will be invited to stop by the Bolt Booth during their lunch to redeem bucks for snacks, treats and gear!



**ACCOUNTABLE • RESPONSIBLE • RESPECT**



# SAVE THE DATES

## **BCAA Big 8 Girls Volleyball Championships**

- Date: October 8-10, 2024
- Location: Pompano Beach High School

## **BCAA Cross Country Championships**

- Date: October 17, 2024
- Time: 3:30 PM
- Location: Markham Park

## **BCAA Big 8 Golf Championships**

- Date: October 21, 2024
- Location: Coral Springs Country Club

## **Homecoming Week:**

- Date: October 21-25, 2024

## **Homecoming Game vs. Cooper City:**

- Date: October 25, 2024
- Time: 7:00 PM

## **Homecoming Dance:**

- Date: October 26, 2024
- Time: 6:00 PM- 10:00PM
- Location: On Campus

## **International Fest:**

- Date: November 7, 2024
- Time: During All Lunches
- Location: Courtyard

## **PTSA Meeting:**

- Date: November 12, 2024
- Time: 9:30 AM
- Location: Surfboard Room

## **Cypress Bay's Got Talent:**

- Date: November 19, 2024
- Time: 6:00 PM - 9:00 PM
- Location: Auditorium

## **Winter Concert:**

- Date: December 12-13, 2024
- Time: 3:00 PM - 10:00 PM
- Location: Auditorium

## **AMT "Newsies" Performances:**

- Rehearsals: February 10-19, 2025 (Various times)
- Performances: February 20-21, 2025
- Location: Auditorium

## **AMT "Pippin" Performances:**

- Performances: March 12-14, 2025

- Location: Auditorium **Cambridge Diploma Night:**

- Date: March 20, 2025
- Time: 1:30 PM - 8:00 PM
- Location: Auditorium

## **AMT "Descendants" Performances:**

- Performances: April 10-25, 2025
- Location: Auditorium

## **Spring Chorus Concert:**

- Date: April 29, 2025
- Time: 7:00 PM
- Location: Auditorium

## **PTSA Excellence Awards**

- Date: May 8, 2025
- Time: 6:00 PM - 8:30 PM
- Location: Auditorium

## **Senior Awards & Top 5% Dinner:**

- Date: May 13, 2025
- Time: 5% Dinner (5:00 PM – 6:00 PM)
- Time: Awards (6:00 PM - 9:00 PM)
- Location: Café & Auditorium

## **AMT "Slice of Broadway":**

- Date: May 15, 2025
- Time: 3:00 PM - 9:00 PM
- Location: Auditorium

## **School Advisory Council (SAC) Meeting Dates**

### **All meetings are held from 3:00-4:15 PM**

#### **October 30, 2024**

- Location: Media Center (WAVE)

#### **November 27, 2024**

- Location: Media Center (WAVE)

#### **January 29, 2025**

- Location: Media Center (WAVE)

#### **February 26, 2025**

- Location: Media Center (WAVE)

#### **March 19, 2025**

- Location: Media Center (WAVE)

#### **April 30, 2025**

- Location: College & Career Center

#### **May 28, 2025**

- Location: College & Career Center

# SCHOOL COUNSELING

Counselors are assigned by the students' last name unless they are AICE diploma track or FBI Cyber STEM students. Counselors can be contacted via email which can be found on our school's website.

## Social Workers

Grace Carreto-Nagales  
Victoria Skiba

School Psychologist  
Ilisa Bianco

Family Therapist  
Annie Vargas

**2024-2025 Counselor Breakdown**

<b>THORPE</b> 323-0372	<b>Director/ CM-GOR &amp; U-Z</b>
<b>MAISEL</b> 323-0377	<b>AICE Diploma/ FBI Cyber Stem</b>
<b>LONGHI</b> 323-0432	<b>A-CL</b>
<b>WILSON</b> 323-0373	<b>GOS-MAN</b>
<b>MARTINEZ</b> 323-0418	<b>MAO-PRA</b>
<b>SMART</b> 323-0376	<b>PRB-T</b>

Revised: September 23, 2024

## PSAT/NMSQT™



All 9th, All 10th, pre-registered 11th, and select 12th grade students will take the PSAT/NMSQT on Wednesday, October 23rd.

Testing locations will be provided to students via testing passports in advance.

### NOW DIGITAL!

Students will test on school provided devices. See Cypress Bay High School Assessment Canvas page for Digital PSAT /NMSQT resources.

### TEST DAY TIPS

- Bring a College Board approved calculator
- Arrive to school early
- Bring a snack

### LIGHTNING LEARNING

Non testers will take part in Lightning Learning sessions held in the Auditorium.

**October 23, 2024**

## Modified Bell Schedule

**PSAT/NMSQT**  
OCTOBER 23RD

**PERIOD 5**  
HOMEROOM

**7:40 - 8:00**

**TESTING BLOCK** \*EXTENDED TIME ROOMS DO NOT RELEASE UNTIL 12:45

TESTERS: ALL 9TH, ALL 10TH, PRE - REGISTERED 11TH, AND SELECT 12TH GRADE STUDENTS

**LIGHTNING LEARNING**

NON TESTERS REPORT TO THE AUDITORIUM

**8:10 - 12:15**

**PERIOD 7**

BUILDINGS: 100, 200, 400, & ART	BUILDINGS: 300, 800, & MODS	BUILDINGS: 900 & GYM
<b>LUNCH A</b> 12:20 - 12:50	<b>P 7 B</b> 12:20 - 12:50	<b>P 7 C</b> 12:20 - 1:20
<b>P 7 A</b> 12:52 - 1:50	<b>LUNCH B</b> 12:50 - 1:20	<b>LUNCH C</b> 1:20 - 1:50
	<b>P 7 B</b> 1:22 - 1:50	

**PERIOD 8**

**1:55 - 2:45**

NO EARLY RELEASE AUTHORIZATIONS FORMS WILL BE ACCEPTED. REGULAR EARLY RELEASE POLICIES APPLY.

# LATINOS IN ACTION

## Latinos in Action Parent Night:

Latinos in Action students' parents attended Parent Night to learn more about Tutoring and the activities taking place in and outside the classroom. The officers demonstrated their leadership and were the ones who presented all the details. We had Jazz Band students playing music, as well as Jose Melo Ortega in the harp, we served food thanks to donations from several companies. Thank you to all parents that attended and all food companies for your donations and support!

## Tutoring at Cypress Bay HS and Manatee Bay ES:

Latinos in Action students have started tutoring at Manatee Bay Elementary School and Cypress Bay High School. At Manatee Bay, they are helping newly arrived students from Latin America improve their English and reading skills. At Cypress Bay, they are assisting ESOL and/or ESE students in different subjects such as Biology, Environmental Science, Mathematics, English, among others.



## PTSA

We kindly seek your participation: Parents, teachers, and students have the opportunity to join the PTSA through a contribution of \$15. Just scan the QR code to join!

Your participation makes a meaningful difference for our school and children.



BECOME A MEMBER



# Cypress Bay High School



## 24/25 GOLD (A) / BLUE (B) DAY CALENDAR

AUGUST				
M	T	W	TH	F
				2
<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del>
<del>8</del>	<del>9</del>	<del>10</del>	<del>11</del>	<del>12</del>
13	14	15	16	17
18	19	20	21	22
23	24	25	26	27
28	29	30		

SEPTEMBER				
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OCTOBER				
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30	31			

NOVEMBER				
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DECEMBER				
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31				

JANUARY				
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29	30	31		

FEBRUARY				
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MARCH				
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31				

APRIL				
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30	31			

MAY				
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28	29	30	31	

JUNE				
M	T	W	TH	F
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16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

- # Early Release Day
- School Closed
- Exam Day
- A Day
- B Day
- Planning Day
- ★ Last Day of Quarter





Established 1915

**BROWARD**  
County Public Schools

# See Something, Say Something

## Be a Broward Buddy, Report a Tip!

In an emergency, call 911 immediately. To submit a safety or security concern that is not an emergency, please use one of the tip reporting methods provided below. Please remember you can choose to remain anonymous.



### Anonymous Tip Submission Box

Submit a tip easily via our Anonymous Tip Submission Box (**no download required**). Provide as much detail as you can, including names of people involved, physical descriptions, school name, social media handles, etc.



[BrowardSchools.com/SecurityTips](https://www.browardschools.com/SecurityTips)



### Call Us Anytime (Even on Holidays)

Call our District Security Operations Center (DSOC) 24 hours a day, 7 days a week (including holidays). One of our friendly DSOC Specialists will take your tip over the phone and submit it immediately to our investigators. Please let the DSOC Specialist know if you wish to remain anonymous.

**754-321-3500**



### Send Us an Email

Submit a tip using the email address below. Although your email address is displayed using this tip reporting method, you can choose to remain anonymous by simply requesting it in your message.

[SecurityTips@BrowardSchools.com](mailto:SecurityTips@BrowardSchools.com)

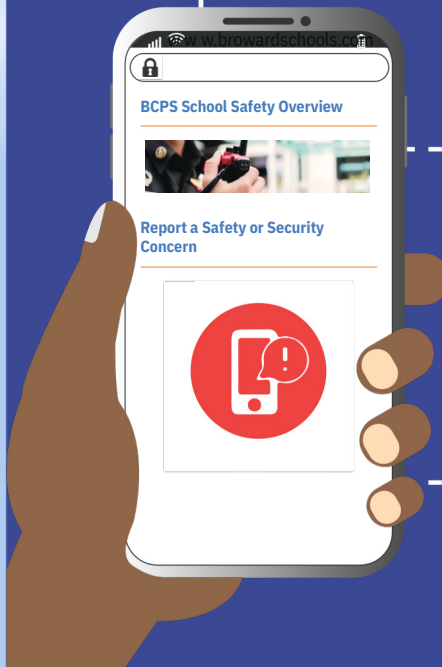


### FortifyFL

Submit a tip via FortifyFL online (**no download required**) or download the app for easier use. Visit FortifyFL using the link below. Your tip will immediately reach law enforcement and Broward Schools investigators.



[GetFortifyFL.com](https://www.getfortifyfl.com)



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# ALYSSA'S ALERT

## Mobile Duress Alert App

Alyssa's Alert is a mobile duress alert application that empowers staff members to immediately notify first responders in the event of an emergency. Receive potentially life-saving aid with the push of a button.

### Speed Crisis Response

Upon activation\*, local first responders & District personnel receive an immediate notification of the emergency.

### Easy to Use

Select one of the three buttons (shown right) to activate Alyssa's Alert. Assistance will immediately be dispatched to your location.\*\*

### Stay Connected

Administrators will be able to push important updates regarding an emergency situation to anyone who has downloaded Alyssa's Alert.

\*Duress buttons can only be activated while physically on school property.  
\*\*ONLY first responders may access location information upon button activation. Under no other circumstances is location information accessible.

### DOWNLOAD THE APP NOW

Scan this  
Code



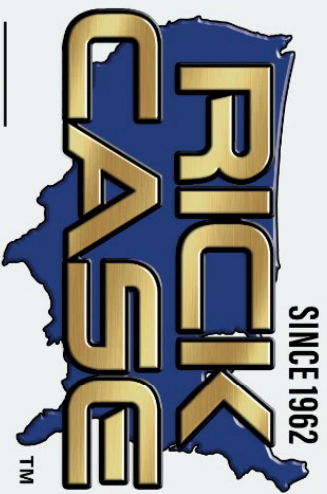
Look for  
this icon

Search for "SaferWatch"



Visit [Learning Across Broward](#) and search for "Alyssa's Alert" under the "Courses" tab to learn more about using Alyssa's Alert in the event of an emergency.





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2024-2025

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